Contents

| List of illustrations | V11 |
|------------------------------|-----|
| Series preface | ix |
| 1 Stress: what it is and why | |
| you should know about it | 1 |
| 2 Biology, emotion and | |
| stress | 15 |
| 3 The external environment | 37 |
| 4 Environmental resources | 69 |
| 5 Personality and stress | 85 |
| 6 Cognition and stress | 99 |

CONTENTS

| 7 An integrative model for stress research | 129 |
|--|-----|
| 8 Future directions | 141 |
| Glossary | 151 |
| References | 155 |
| Index | 177 |